

# Sandy Parks & Recreation

SEPTEMBER 25, 2008

440 East 8680 South • Sandy, Utah 84070 • 568-2900 • [www.sandy.utah.gov/parks](http://www.sandy.utah.gov/parks)

Registration Information: IN PERSON: Sandy Parks & Recreation • 440 E. 8680 S. • Monday-Friday 8 a.m. to 6 p.m. • 568-2900

ONLINE REGISTRATION: [www.sandy.utah.gov/parks](http://www.sandy.utah.gov/parks) (available for most sports and programs)



## Special Events

### Turkey Trot 5k Run

Parks & Recreation is once again hosting The Turkey Trot, taking place on Saturday, Nov. 8 at Lone Peak Park located at 10140 South 700 East. Participants can pre-register now at the Parks & Recreation Office or online at [www.sandy.utah.gov](http://www.sandy.utah.gov). The cost is \$12 for individual or \$8/family to pre-register or \$18 to register the morning of the race.

### Slim Down Sandy Walks Continue Through October

Join in the weekly walks in local parks throughout Sandy. Due to the success of the Slim Down Sandy weekly walks on Monday evenings earlier this year, the Parks & Recreation Department is continuing to encourage residents to get healthy by extending the walks through October.

**Monday September 29** 6:30-7:30 p.m. Falcon Park  
9200 South 1700 East, 1-mile walk

**Monday October 6** 6:30-7:30 p.m. Willow Creek Park  
8400 South 2000 East, 1-mile walk

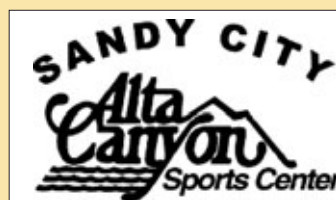
**Monday October 13** 6:30-7:30 p.m. Lone Peak Park  
10140 South 700 East, Pavilion, 1-mile walk

**Monday October 20** 6:30-7:30 p.m. Quarry Bend  
9020 S. Quarry Bend Parkway, 1-mile walk

**Monday October 27** 6:30-7:30 p.m. Hidden Valley  
11700 South Wasatch, 1-mile walk

### Important Tips to Remember:

- Please check in at each walk you attend to be eligible for prizes.
- A map of the walk route will be available each week.
- Health tips and handouts will be given at each walk to help educate residents on nutrition and fitness.
- Please wear tennis shoes and comfortable clothing while walking.
- Contact Michele at 568-4602 with any questions you may have.



Alta Canyon Sports Center  
9565 So. Highland Drive  
Sandy, Utah • 568-4600

### Fitness Classes

Alta Canyon has highly-trained fitness instructors offering a variety of classes in spin, aerobics and fitness. Instructors stay current and competitive by attending local and national workshops and seminars. All classes are instructed in a “freestyle format” that is easy to follow and presented in a relaxed atmosphere. Instructors show modifications and variations enabling participants to have an enjoyable and successful workout. Fitness classes start at \$5 per class for members with an annual pass or punch cards available. New participants will receive a free aerobics class with the purchase of a class. Discounts are given for seniors or students. Please call 568-4602 for class times or with additional questions.

### Shotokan Karate

International Martial Arts of Utah offers a family-friendly class that is exciting and challenging. The environment is friendly and safe. Ages 5+ are welcome. Please call 468-4602 for dates and times.



9300 So. Riverside Drive  
Sandy, Utah  
568-4653

### Golf at River Oaks

River Oaks Golf Course offers a challenging course in a scenic environment on the Jordan River. The trained staff offers golf instruction, women’s classes, junior programs, re-gripping, club-fitting and private golf instruction. On the north side of the course is a teaching academy and driving range that is open year-round (weather permitting). Through December, golfers can enjoy one regular bucket of balls for the price of a small bucket.

#### Golf Pros:

PGA Professional – Dave DeSantis  
568-4657 or 824-2379  
Head Professional – Mitch Stone  
568-4653 or 842-8600

PGA Apprentice – Guy Lester  
568-4653 or 641-4114

### River Oaks Banquet Facilities

River Oaks Golf Course has a beautiful banquet room, which offers an open-beam setting with a gorgeous stone fireplace.

Our banquet facilities seat 150 with an additional 90 on the deck overlooking the golf course grounds and the Jordan River. We offer a wide variety of meal and appetizer items to please the palate. We provide an inviting atmosphere for special events, weddings, family dinners, receptions, school social events, tournaments or whatever your needs may be. Book now for your holiday event. Call Lori at 870-0826 for more information and to schedule your reservation.

## Recreation

### Jr. Jazz Basketball

#### Register online!

Jr. Jazz Basketball is now registering for boys and girls grades 1-12. Games and practices are scheduled at local middle schools in Sandy. All participants receive: two practices, two practice games\*, eight games, participation award (grades 1-8), team and individual pictures, uniform shirt, “Jazz” game ticket, and paid officials for all games.

Weeknight or Saturday games are available.

(\*No practice games for first and second grades)

**Registration:** Sept. 8 – Oct. 9 (Grades 1-8)  
Sept. 8 – Nov. 12 (Grades 9-12)

**Cost:** 1st – 4th grade \$52  
5th – 8th grade \$57  
9th – 12th grade \$63



### FUTSAL Registration Begins

FUTSAL is indoor soccer for boys and girls ranging from Pre-Kindergarten through 2nd grade. Registration begins on Monday, Nov. 10 and continues through Dec. 10. Games will begin in January 2009 and will be played weekday evenings from 5:30 p.m. until 8:30 p.m. at Eastmont Middle School at 10100 South and 1300 East. The fee for registration is \$40 which includes eight games, t-shirt, use of equipment and gym, pictures and a participation award.

Grades for registration are Pre-Kinder, Kindergarten, 1st and 2nd.

**JR. JAZZ REFEREES NEEDED!**

Apply today at [www.sandy.utah.gov](http://www.sandy.utah.gov). Great pay.

For more information call 568-2900.